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NDP threat on the radar

ONLINE

**Comments posted
after election not
surprising to RCMP**



**Andrea
Ross**
Metro | Edmonton

Rachel Notley's security staff is aware of violent threats made against her on social media, but both the premier and those protecting her say such things aren't out of the ordinary.

One anti-NDP Facebook page recently saw posters allude to using violence against Notley.

"We can take over the government, we just need the wild to back us," Out The NDP in Alberta moderator Barbara Starr wrote on the page.

"Or a lone gunman," a man wrote in response. "Not condoning that. Just saying bad things happen to bad leaders."

He added: "I won't pull the trigger. All I did was come up with the idea."

RCMP said they're aware of the com-

ments but won't act unless someone submits a complaint.

"We can't control what people choose to put on there," Cpl. Sharon Franks said. "But eventually it will come to our attention."

"I don't think it's uncommon when it comes to elections, particularly one of the magnitude that we had yesterday."

Notley told reporters Tuesday she's aware of the comments.

"I have a security unit and they ... of course, take a look at those issues and keep an eye on them," she said. "I am told none of what has occurred thus far with me is in any way, shape or form out of the ordinary."

Wade Meyer started the "Separation of Alberta from the Liberal East" page on Facebook, just hours after Monday night's federal election. The page already has more than 7,000 members.

Meyers posted a note Tuesday afternoon reminding page users to be respectful, and that anyone posting threats will be removed.

He said threats haven't been an issue so far. "We've obviously done some moderating. It is, after all, the Internet," Meyer said. "But no, the expertise that's coming in, people are bringing valid arguments and statements."



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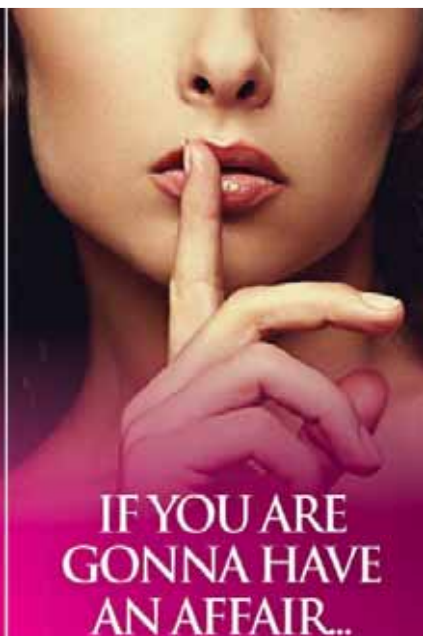
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Edmonton Mayor Don Iveson METRO FILE



Premier Rachel Notley THE CANADIAN PRESS



Calgary Mayor Naheed Nenshi METRO FILE

The big three welcome Trudeau

POLITICS

Leaders look to feds for new infrastructure spending



Ryan Tumilty
Metro|Edmonton

Alberta's big-city mayors are excited by the transit promises made by the newly-elected Liberal government during their

campaign but now want to see those promises acted upon.

Edmonton Mayor Don Iveson said the Liberal promise to invest \$20 billion in transit over 10 years would be especially good for the city as it tries to create a widespread service.

"That is going to allow us to go much further," Iveson said, of LRT construction. "Over the next 10 years, it will allow us to make commitments to build out the LRT."

Calgary Mayor Naheed Nenshi also welcomed the Liberals' transit proposals, as well as other big-city needs.

"The Liberal Party had a strong platform as (it) relates to cities and we look forward to working with them on building transit, creating a better

That is going to allow us to go much further. Over the next 10 years, it will allow us to make commitments to build out the LRT.

Edmonton Mayor Don Iveson

national housing strategy, and building infrastructure," Nenshi said in a statement.

"During the campaign, the

Liberals promised to fund the Green Line and significant flood mitigation. We look forward to getting shovels in the ground on these and other essential

infrastructure projects."

Iveson also said many strong MPs were re-elected, as well as some new faces he said will

be good advocates for the city.

"I know that all of the members of parliament we are sending will be strong champions for Edmonton."

Premier Rachel Notley said Trudeau called her Monday night, and said she felt the Liberal platform was beneficial for Alberta.

"A majority of Canadians did appear to vote for a platform that talked about protecting and appropriately funding health care, investing in infrastructure and taking action on climate change," she said.

Still, Notley campaigned for

NDP candidates during the election and just last week shared a stage with NDP leader Tom Mulcair.

Mulcair saw his party's gains from the 2011 election erased Monday. Notley, however, would not be drawn into any talk of that being a referendum on her government.

"I have been a New Democrat all my life and I always will be," she said. "I really think that in any election for different levels of government, voters will vote for the candidates in front of them at that time and the issues in front of them at that time."

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Mill Woods recount possible

ELECTION

Grits' Sohi has mere 80-vote lead over Tories' Uppal

Ryan Tumilty
Metro | Edmonton

Liberal candidate Amarjeet Sohi's narrow victory could become subject to a judicial recount, as the vote is finalized later this week.

With all of the polls reporting, Sohi had an 80-vote margin of victory Tuesday, but those numbers still have to be verified by Elections Canada, which could narrow the lead.

"The numbers we have now are just preliminary numbers, what happens now is the validation of the results," said Leanne Nyirfa a spokesperson with Elections Canada. "They verify all of the individual results recorded and reported by each poll."

Based on the more than 49,000 votes cast in Mill



Amarjeet Sohi supporters look at results as they come in on Monday. Sohi won by just 80 votes. KEVIN TUONG/FOR METRO

Woods, a recount would automatically be triggered if the margin is less than 49 votes, but any candidate or any elector in the riding can also ask for a recount.

Sohi said he is simply letting the process play out at this point.

"We will respect the in-

dependent process that is in place now. It is very impartial just as it should be," he said. "We have a very capable returning officer."

Metro has so far been unable to reach Conservative candidate Tim Uppal.

The votes in Edmonton took longer than expected to

count across the city, including in Mill Woods and Edmonton Centre, where the results were not known until nearly midnight.

Nyirfa said the polls were busy, with voter turnout up 10 per cent from previous elections in both of those ridings. She said many polling stations

had to stay open longer to deal with lines.

"I know some of the polls were very busy, so at 7:30 p.m., as long as you were still in line, you were able to vote," she said. "Some of the areas that I heard were an hour and a half before they got all the people in line to vote."

CITY HALL

Council byelection could go next year

Some Edmonton residents could end up back at the polls early next year if Monday's result in the federal Mill Woods riding holds.

City councillor and Liberal candidate Amarjeet Sohi is 80 votes ahead of Conservative Tim Uppal in Mill Woods, but the possibility exists of a recount.

According to provincial legislation, if Sohi holds his lead, the city must hold a byelection within 90 days to fill his Ward 12 seat.

City returning officer Laura Kennedy said what happens next all depends on when or if Elections Canada certifies the results.

"He (Sohi) remains a councillor until he resigns or he is deemed to be elected," she said.

Provincial law dictates a byelection has to be called within 90 days of a council seat being vacated, but Kennedy said that could put the election over the holiday season — a situation the city would prefer to avoid. RYAN TUMILTY/METRO

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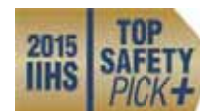
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MACROS president Aaron Bott says dispensaries have been left out of the country's marijuana regulatory models for too long. KEVIN TUONG/FOR METRO

Marijuana backer watching Trudeau

LEGALIZING CANNABIS

MACROS chief hopes Liberals will listen to community



Braeden Jones
Metro | Edmonton

The manager of Edmonton's only cannabis dispensary is "cautiously optimistic" Canada's new government will include businesses like his in its eventual plan to legalize marijuana.

"The only problem or issue I have with the Liberal's (discussion) of legalization is they say one thing but we don't know if or how they are actually going to go through with it," said Aaron Bott, president of Mobile

Access Compassionate Resources Organization Society.

MACROS provided medical marijuana card holders with information about the medicine and connected members with licensed growers for 11 years before being raided in July.

Prime minister-designate Justin Trudeau has a softer stance on marijuana than Stephen Harper (who recently claimed it was "infinitely worse" than tobacco), even going so far as to talk of legalizing it.

"We have been watching Mr. Trudeau very closely since he mentioned legalization," Bott said, adding he likes what he hears but doesn't see it reflected in the Liberal plan.

Trudeau discussed benefits to legalizing cannabis — including insulating Canadians from criminals and protecting children — during the long federal campaign.

Since Monday, he's ex-

plained the timeline to legalize, tax and manage an idea that was prominent in his campaign isn't settled yet.

Bott said he hopes medical pot users don't get "snowed under" by concerns of accommodating recreational users.

He explained dispensaries should be included in whatever legalization model Trudeau goes with, so people can "open up dispensaries for patients to access the best quality medicine available."

He also said it's important to make sure the government allows people to grow their own plants as medicine, and tests all of the marijuana for quality control.

"Hopefully (the new government) will listen to the cannabis community and people who have been in the industry for over a decade ... and hopefully they look at the best model for the people."

FLU SEASON

Immunization drive begins

Brodie Thomas
Metro | Calgary

Though flu season has yet to start in Alberta, Dr. Chris Sikora of Alberta Health said it's almost guaranteed you'll be exposed to the bug before its over.

On Tuesday, Sikora helped launched AHS' flu immunization program for what his organization calls the Edmonton zone.

While hard numbers weren't

discussed at the event, Sikora said the flu vaccine is being made more accessible to more people this year while also stressing that it takes two weeks for the vaccine to actually protect you — meaning it's wise to get the shot early.

"The influenza vaccine is the most effective way of protecting yourself and your loved ones from influenza," he said.

Dr. Judy MacDonald, medical officer of health with AHS, said people need to consider more than just themselves when

deciding whether or not to get the shot

"Their decision impacts everybody they interact with," she said. "So if they get influenza vaccine and have a loved one in a long-term care facility, they're not going to be bringing influenza to them."

MacDonald said infants under the age of six months cannot get the vaccine, so that's something else to consider when making the decision.

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Police survey the scene after a crash at Ric's Grill in Terwillegar in May 2013 killed young Geo Mounsef. GARY MOORE/FOR METRO

Grief of toddler's family fills court

SENTENCING HEARING

Grandfather delivers victim impact statement



Andrea Ross
Metro | Edmonton

One sunny October day three years ago, two-year-old Geo Mounsef was walking with his grandfather to the pool, wide-eyed at the fall colours around him.

The curious little boy craned

his neck at the red berries on the trees and asked his grandfather to pick some.

When they got to the pool, he was reluctant to jump into the cold water. But he practised swimming with his grandpa, and when they were done, the two went to the grocery store, where grandpa treated Geo, a picky eater, to chocolate milk, potato wedges and a chocolate bar.

Livio Fent told this story in a crowded Edmonton courtroom Tuesday — another beautiful fall day, he said, but one without his grandson, who was killed when an alleged drunk driver hit him on a restaurant

patio two years ago.

"He made my heaven on Earth," Fent said, in his victim impact statement. "But he's gone. Gone are the beautiful adventures Geo and I would embark on."

"My beautiful, smart, vivacious little buddy is gone." Fent was one of 23 people who read victim impact statements in court Tuesday as the sentencing hearing continued for Richard Suter, 65.

According to an agreed statement of facts, Suter drove his SUV through a glass window and onto the patio of Ric's Grill in Terwillegar, at around 6:30 p.m. on May 19, 2013. Geo was

having dinner with his parents and brother and was killed in the collision.

Suter pleaded guilty in July to failing to provide a breath sample.

Many of Geo's family and friends sobbed quietly as statements were read throughout the day Tuesday. Suter sat beside his lawyer for much of the proceedings, at times holding his head in his hands.

"Never did we expect that Geo's joy was to be so short lived," Fent told the room, staring at Suter. "I will have to endure this fate forever."

The sentencing hearing is expected to last all week.

IN BRIEF

Police seek woman, two men after officer assaulted

Edmonton police have a woman in custody and are looking for three more people after a police officer was assaulted during a traffic stop Monday night.

Police stopped a Range Rover in the area of 89 Street and 81 Avenue at around 10:40 p.m. Police said the driver stepped out of the vehicle and assaulted an Edmonton Police Service officer when the officer tried to arrest him. The driver then jumped back into the

vehicle and sped off with three other passengers.

A firearm was discharged by the police. Police found the vehicle within 10 minutes with the help of the EPS Canine Unit, which tracked the suspects to an area near 96 Street and 77 Avenue. A woman was arrested, but police are seeking two male suspects and another female suspect.

Anyone with information is asked to call 780-423-4567, dial #377 from a cell phone, or anonymously call Crime Stoppers at 1-800-222-8477. METRO

BYLAWS

City council seeds urban farming

Travis Kennedy is passionate about urban farming, and said new land-use classes introduced to city bylaws will allow more people to get in on the trend.

"It's all about rebuilding food culture and reconnecting dots pushed apart by rural production," he said, adding it's "a bit novel for Edmonton."

Kennedy is one of few in Edmonton who've been farming, legally, within city limits. He said his 31,200 sq.-ft. plot, on a corner at Northlands, was his creative way of circumventing

Edmonton's lack of regulations for urban farms.

On Monday, Edmonton city council flipped the urban farming script from legally grey to green, approving three new land-use classes — urban outdoor farms, indoor farms and urban gardens — to "fill gaps in the bylaw," said Colton Kirsop, senior city planner.

Kirsop said the changes, to take effect in February, will allow people to grow vegetable crops, for-profit, in the city.

BRAEDEN JONES/METRO



Edmonton Centre Liberal Randy Boissonnault celebrates his win with supporters Monday night. Liberal candidates won only four of 34 seats in Alberta. KEVIN TUONG/FOR METRO

Red men in a sea of blue

ELECTION

New Liberal MPs say the province won't be forgotten



Ryan Tumilty
Metro | Edmonton

Edmonton's two new Liberal MPs are confident the city's interests will be prominent within the upcoming government despite the province remaining almost exclusively Conservative after Monday's vote.

Liberal candidates won only four of 34 Alberta seats, with the NDP winning one, in Edmonton, and the Conservatives taking the rest.

Amarjeet Sohi (who has tentatively won the Edmonton Mill Woods seat, but has just an 80-vote margin) said he believes prime minister-designate Justin Trudeau has the entire country in mind, re-

gardless of who voted for him. "One thing I truly appreciate of Justin Trudeau's leadership is looking at the country as a whole and making sure all regions and provinces and municipalities have their interests looked after," he said.

Liberal Randy Boissonnault, who will represent Edmonton Centre, said many other Albertans fears about Trudeau are unfounded.

"Justin Trudeau has made it very clear that oilsands development will not only continue, but grow," he said.

Sohi and Boissonnault will be joined by Calgary Liberals Kent Hehr and Darshan Kang.

Premier Rachel Notley said she's not concerned about Alberta's federal representation and is pleased Trudeau has committed to regular meetings with premiers.

"Through that forum we will be able to achieve a lot of success and after that we will see who ends up in cabinet and go from there," she said.

Edmonton Mill Woods
Amarjeet Sohi
LIB 41.2%
CON 41.1%
NDP 12.8%

Edmonton Centre
Randy Boissonnault
LIB 37.2%
CON 34.9%
NDP 24.5%

CITY HALL

Small increases proposed for utilities



Braeden Jones
Metro | Edmonton

City administration released proposals for waste-management and drainage budgets for the next two years Tuesday and said taxpayers may be required to pay more down the road.

Todd Burge said proposed tax increases would allow the utilities to "maintain the high

level of satisfaction that Edmontonians have reported" for the services.

"We must continue to deliver these services in a financially responsible manner that keeps cost increases low, yet helps build the long-term sustainability of both services as fully-functioning civic utilities," Burge said.

The budget draft for waste management proposes increases for a "typical" residential cus-

tomers of \$2.31 per month in 2016, \$2.16 per month in 2017 and \$2.56 per month in 2018, administrators said.

Similar increases in the drainage services plan would see average customers pay increases rising by \$1 each month over the next three years.

City spokesman John Pater explained the changes will be presented to council next Thursday, at which point there will be an opportunity for debate

and revision.

"There is a process after that where there will be further time before council approves it," he said, adding it's usually approved when council passes the overall city budget in November.

At that time, during the full week set aside to discuss the budget, citizens will be able to talk about their concerns and things they want to see added or subtracted from the budget, Pater said.

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INTERNATIONAL OPINION

The world reacts to Liberals' victory

The first foreign reactions to Justin Trudeau's ascent to the prime ministership included words of both congratulation and consternation — as well as some sexual objectification.

The flood of well-wishes began early Tuesday as world leaders from India, Mexico, Italy, France, China, the U.K. and the U.S. either sent messages or called Canada's newest prime minister-designate.

The foreign media coverage included serious dives into his policies. At the same time there was a bumper crop of tabloid-style headlines about his appearance, with the UK Daily Mirror offering one example of the genre: "Is Justin Trudeau the sexiest politician in the world?"

Sexy or not, his closest international partner showed no sign

of being an easy first date. The U.S. sent mixed signals Tuesday, some of encouragement but also notes of caution.

The White House offered congratulations and welcomed talk of closer co-operation on climate change. On the other hand, the Obama administration sought clarity on two files where it was pleased with the relationship with the Conservative government: trade and the military.

A White House spokesman raised the Islamic State bombing mission without prompting Tuesday. There were whispers in Washington over the summer that the administration was concerned about the Liberals' stated intention of withdrawing from the bombing, in order to contribute in other ways.

THE CANADIAN PRESS



PHOTOS BY AFP/GETTY IMAGES AND THE CANADIAN PRESS



Trudeau improves Canada's brand

CHARISMA

Leader's good looks could be good for country



Luke Simcoe
Metro|Toronto

gas emissions, branding experts say the prime minister-elect's good looks could have real benefits for the country's reputation.

"The thing that's exciting about Justin is that he brings Canada's brand for the first time into the 21st century," said Bruce Mau Design CEO Hunter Tura. "He's a J.F.K.-like figure. He's got the vitality, the good looks, the beautiful family."

"To have the country represented on the global stage by someone with such charisma is great for brand Canada."

Michèle Champagne, a Toronto writer and designer with a background in global branding, said Trudeau's image could potentially boost

immigration and stem the country's "creative brain drain."

"I think the world will see him as this fresh, leftist face," she said. "Does that mean Canada will be a place where more young people want to emigrate? Will it attract more artists and designers to Canada? I don't know."

While he'd prefer to see Canadians discussing policy rather than appearances, Memorial University professor Alex Marland acknowledged the appeal of a popular prime minister.

"The very fact that we're having this conversation shows how much of Canada's identity is wrapped up in its leader," he said. "You look to

that to embody everything about our nation."

From a branding perspective, Marland said there are significant differences between Trudeau and Harper.

"I'd say we've gone from policy wonk to young optimism," he said. "And while Harper represented individuals, Trudeau portrays a sense of communitarianism."

Regardless, Marland cautioned against falling into a Trudeau-mania 2.0.

"Any charismatic leader brings a sense of excitement and pride, but it can also cause people to look the other way," he said. "Too often, we're willing to give a politician the benefit of the doubt because they're likable."

FAMILY

First Canadian political dynasty

It seems somehow fitting that the son of the man who first fired up political passion in Stephen Harper should be the person to usher him out of politics.

In besting Harper, Justin Trudeau has created Canada's first national political dynasty, following in the footsteps of his late father, Pierre Trudeau, one

of the country's most revered — and reviled — prime ministers.

In the process, he's scored another record for the history books, vaulting his party from a distant third place into first in a single election. And now he'll be the first prime minister to return to the home where he grew up, 24 Sussex Drive. THE CANADIAN PRESS



I'm hopeful tonight's election will put Canada back in a leadership position. Congratulations.
- Former U.S. vice-president Al Gore

GOVERNMENT

Cabinet contenders

One of Justin Trudeau's first task will be naming a cabinet that strives to balance regional interests, diversity and experience. But Trudeau has already pledged that his cabinet will have an equal number of men and women. Here is a look at some potential candidates:

1 Bill Blair (Scarborough Southwest):

Blair announced his run for the Liberals in April after retiring as chief of the Toronto Police. Blair's background has meant he is well-schooled in public safety issues but has also given him an expertise in urban issues like poverty and youth unemployment.



2 Bill Morneau (Toronto Centre):

Another political rookie, Morneau beat back a spirited campaign by New Democrat Linda McQuaig to capture his Toronto riding. Morneau is a businessman who has advised the Ontario government on pensions.



3 Ralph Goodale (Regina-Wascana):

Goodale is a political veteran who has held a variety of cabinet posts in past Liberal governments, including agriculture and finance, and would bring welcome experience to Trudeau's front bench.



4 Chrystia Freeland (University-Rosedale):

Former editor and author Chrystia Freeland spent her time in opposition as the Liberals' trade critic, and was a frequent performer in the House of Commons. The Liberals' star Toronto MP will likely have a seat at the cabinet table.



5 Andrew Leslie (Orléans):

Leslie is a former head of the army who retired with the rank of lieutenant-general. He has advised Trudeau on security and foreign policy issues.



6 Jody Wilson-Raybould (Vancouver Granville):

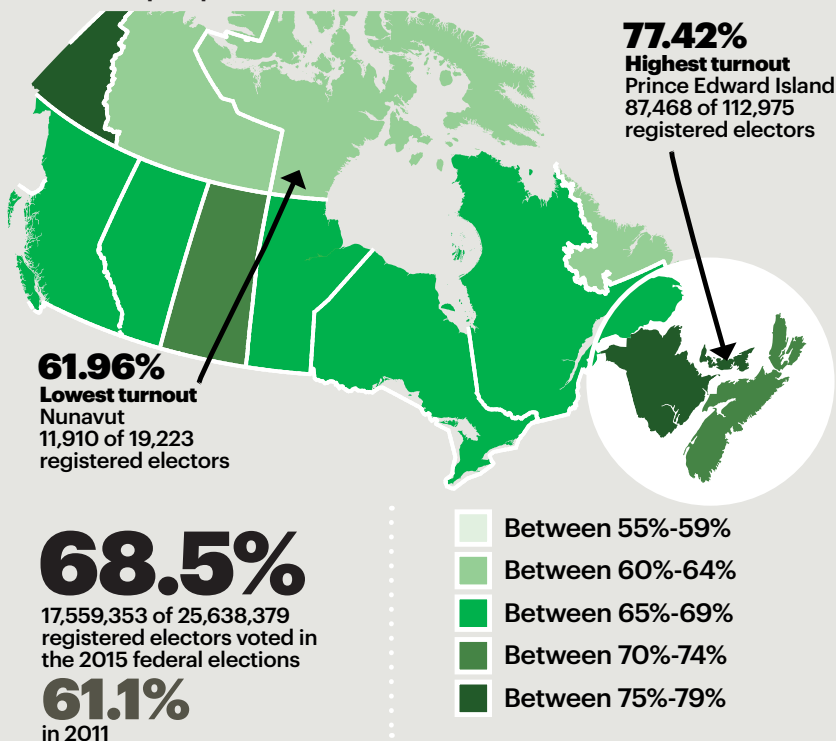
Former Crown prosecutor and Assembly of First Nations regional chief Jody Wilson-Raybould handily won in what was expected to be a tough race. Wilson-Raybould figured prominently in the Liberals 2014 convention in Montreal.



MAPPED CANADIAN ELECTION TURNOUT

Riding Highs

17 million people voted, the most since 1993



Aboriginal people celebrate results

MANITOBA

Indigenous groups happy Harper gone

Samantha Samson
For Metro

The polls closed, the results went up, and a group began dancing, singing and drumming in the middle of Portage Avenue and Main Street in Winnipeg to say goodbye to Stephen Harper.

The group began its celebration on the sidewalk but moved into the intersection after a few minutes. They continued their singing and dancing even as

cars honked and sped by them. One car went right through the group, almost hitting a man.

The group was cleared out of the street after about 10 minutes of celebration but continued their cheers nearby.

"We made a call out to the warriors, strong indigenous men and women to come out here," said Gerry Shingoose, who was part of the group early Tuesday morning. "We're going to say goodbye to Harper. We struggled under his power. He didn't do any nation-to-nation consultation with our people. He harmed Mother Earth. He never listened to our plea for missing and murdered women."

"We're celebrating that he's going to be gone."

Clement Chartier, president of

the Métis National Council, confirmed the cause for celebration.

"I would say the ousting of Harper is the reason for what you saw in Winnipeg," said Chartier.

"Harper had his own philosophy that was more geared towards economic development and job creation, and basically the aboriginal peoples weren't high on that priority list."

While Elections Canada said Tuesday they had yet to calculate aboriginal turnout, voter turnout spiked by up to 20 per cent in some largely aboriginal ridings. In Churchill-Keewatinook Aski, which covers much of Manitoba's north, chiefs said turnout was up by more than 11,000.

WITH FILES FROM DAVE BAXTER
AND THE CANADIAN PRESS

+ TIGHT RACE IN WINNIPEG RIDING

Elmwood-Transcona could qualify for a recount

Conservative candidate Lawrence Toet could request a recount in Winnipeg's Elmwood-Transcona.

Toet lost to NDP Daniel Blaikie by 51 votes in Mon-

day's election, just eight votes too many to automatically force a recount under Elections Canada rules.

An automatic recount occurs when the margin of victory is less than 1/1,000th of the total votes cast. Ac-

cording to Elections Canada, 42,900 votes were cast in Elmwood-Transcona, meaning the margin of victory would have to be 43 votes or fewer to require a recount.

Blaikie received 14,699 votes; Toet had 14,648. METRO



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ANALYSIS**NDP stunned after dreams of governing shattered**

The soul-searching is starting among members of the NDP after the stunning collapse of their vote in the federal election.

Party insiders say they saw the electoral freight train that was Justin Trudeau's campaign coming down the tracks as much as a month ago, but many in the senior leadership refused to believe it. Even still, the insiders say the scope of the loss and the prospect of a long rebuilding process are just beginning to sink in.

Some of the party's brightest public lights have been extinguished. High-profile MPs, including deputy leader Megan Leslie, Peter Stoffer, Jack Harris, Paul Dewar, Nycole Turmel and Peggy Nash lost their seats.

The question on the minds of many people outside the party is whether leader Mulcair will stick around to lead a vastly smaller caucus, especially when some in the party have questioned whether he dragged the NDP too far to the centre in a failed effort to make it electable.

Robin Sears, who once served as the NDP's national director, says the party is not inclined to turf leaders.

"No. 1, you have a huge investment in the brand of the leader," Sears said. "Even if things have gone badly on election night, why would you write that off immediately?"

"No. 2, post-election-defeat leadership contests are never pleasant. They're always divisive. Why would you do that if you didn't have to either?" THE CANADIAN PRESS



The leadership race to replace Stephen Harper will only be the Conservative party's second such race. DAVID BUSTON/GETTY IMAGES

Tories examine their loss

ELECTION 2015

Party insiders laying blame on campaign manager

On his final campaign flight from Abbotsford, B.C., to Calgary, Stephen Harper sat with his closest friends and began putting together the plan for his exit from the Conservative party leadership.

That plan began unfolding Tuesday as Conservative politicians and the party's rank-and-file look to a future leadership race in order to move forward and rebuild from a devastating

election loss.

Harper was calm about the defeat that lay before him, according to sources who spoke to The Canadian Press over the past 24 hours. During the flight, he sat alternately with longtime aide Ray Novak and party president John Walsh.

In the days to come, the structure of the upcoming leadership race will take shape. Senior parliamentarians Diane Finley, Tony Clement and Rob Nicholson are among the names being floated for interim leader.

At the same time as the leadership race is set in motion, the activists are in the process of raking through the embers of the campaign, analyzing what went wrong and who



She had four years to prepare for this campaign and was simply wholly unprepared. Conservative source

is to blame.

The party's executive director, Dustin van Vugt, is in charge of a process to review the campaign.

A senior party source said the party will be in debt as a result of the election campaign, something the members aren't used to. Considerable anger is being directed at campaign manager Jenni Byrne.

A high-placed Conservative source with intimate knowledge of the campaign argued that Harper personally performed well, and the leader's tour ran

efficiently, but everything else was "an epic failure."

"While it's ultimately the prime minister's fault because he allowed Jenni to have that role, it is inexcusable that she had four years to prepare for this campaign and was simply wholly unprepared," said the source, speaking on condition of anonymity. "When the party conducts its internal review, over the course of the next number of months, this one is going to be very thorough and we're going to identify the mistakes

that were made, the processes that weren't followed."

In a sign of how tense things had become, Byrne was packing up her office in the Ottawa party war room as early as last Thursday. She was not in Calgary on election night, and was out of the job Tuesday morning.

During the campaign, sources say long-standing friction between Byrne and campaign director Guy Giorno just became worse, and the two strong personalities clashed over elements of the campaign.

Eventually, their hostility spilled over into bad blood between Byrne and Novak, who is the person Harper trusts the most.

THE CANADIAN PRESS

OPINION

If your party didn't win, be thankful it was a peaceful loss



Gilbert Ngabo
Metro | Toronto

I didn't vote on Monday. I can't tell you how sad that made me feel.

Forget about all the rhetoric of civic duty, the grudge you hold against this or that leader. Or political party. Or the talk about making your voice count.

All of that stuff matters. But what I was longing for was to participate in a democratic

process that is peaceful, in every sense of the word.

As I mingled in a crowd of Liberal MP-elect Marco Mendicino's supporters, my mind couldn't stop rambling about what elections mean in different parts of the world.

Take Kenya, 2007. Following the highly contested presidential elections, a dispute over the results erupted. People started attacking each other, and thousands lost their lives in the mayhem.

See, for some people it doesn't really matter who wins

the most votes. As long as a preferred candidate doesn't win, the system is flawed. And in extreme instances, that means killings, fleeing and refugee life.

I've only voted twice in my life, in the Rwandan presidential elections held in 2003 and 2010. Despite trying to convince myself that my vote actually counted on both occasions, observers from the European Commission, African Union and a gazillion rights organizations reported on serious voting irregularities.



I knew Stephen Harper wasn't going to call in military forces in an attempt to cling to power.

You want to think they're not right, but still you question the validity of your vote. After all, vote rigging does happen. Not in Canada, apparently. All along, I wasn't expecting

NDP Leader Thomas Mulcair to come out and start accusing incoming-prime minister Justin Trudeau of stealing the votes.

I knew Stephen Harper wasn't going to call in military forces in an attempt to cling to power.

But watching them deliver concession speeches, all smiles, almost brought me to tears. The same three guys who had spent the last 78 days tearing each other down by any and all available means were now all of a sudden extolling each other and the elec-

toral process.

Harper's words were more poignant. It's still unreal for me to hear an incumbent and powerful leader admit that the people are never wrong, notwithstanding that they just turfed him out.

So as winners congratulated losers on a well-run campaign, I couldn't have asked for a more powerful way to show the value of a vote.

And I felt sad that, as a permanent resident, I couldn't cast a ballot that was peaceful — in every sense of the word.



Most tax changes are announced in federal budgets, which are usually introduced in the late winter or early spring. ISTOCK

Major fiscal changes expected

POLICY TFSA could be rolled back under Liberal leadership

From tax cuts on middle incomes to an expanded Canada Pension Plan, the Liberals made a lot of promises during the election campaign that would affect Canadians' finances. Now that the Liberals have won a majority under leader Justin Trudeau, Canadians can expect to see major changes in federal fiscal policy.

That includes undoing some of the targeted goodies the Conservatives created — such as an expanded TFSA — in favour of making broader tax cuts and benefits.

How soon might Canadians see these changes?

In theory, "a government can introduce anything at any time when they're in a majority," said Brian Brophy, tax

partner at Deloitte. Plans to roll back TFSA contribution limits to \$5,500 from \$10,000 could be introduced as soon as Parliament resumes sitting, for example. But, in practice, most major tax changes are announced in federal budgets, which are introduced in the late winter or early spring.

How will the proposed tax changes affect families?

The impact of the Liberal's proposed tax changes on individual families will depend on specific financial circumstances, said Caroline Battista, a senior tax analyst with H&R Block. Even higher-income families will benefit from the tax cut on middle incomes, she said.

She urged people to look beyond political rhetoric before assuming they don't qualify for certain benefits. "One of the things about our system is that it's unique to the individual, based in their allowable deductions and qualifying tax credits," she said.

TORSTAR NEWS SERVICE

IN BRIEF

Spending promises good for construction industry

Corporate Canada is sizing up the Liberal majority and what it could mean for their bottom lines, with the construction industry particularly poised to benefit from Justin Trudeau's promises to inject billions of dollars into repairing roads, building bridges and improving waste water treatment plants. THE CANADIAN PRESS

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Migrants overwhelm Slovenia

CRISIS

Country 'in dire straits,' needs more help from EU, official says

Led by riot police on horseback, thousands of weary migrants marched across western Balkans borderlands as far as the eye could see Tuesday as authorities cautiously lowered barriers and intensified efforts to cope with a human tide unseen in Europe since World War II.

Leaders of Slovenia deployed military units to support police on their overwhelmed southern border with Croatia, which delivered more than 6,000 asylum seekers by train and bus to the frontier in bitterly disputed circumstances between the former Yugoslav rivals.

With far too few buses available in Slovenia to cope, most

people walked 15 kilometres on rural lanes past cornfields and pastures to reach a refugee camp.

On Slovenia's frontiers with Croatia and Austria, aid workers toiled to erect enough tents and other emergency accommodation to shelter up to 14,000 travellers, more than five times the tiny nation's previous official limit.

Interior Secretary of State Bostjan Sefic told reporters in the Slovene capital, Ljubljana, that the pressure on border security with Croatia had grown "very difficult with an enormous number of people." He said Slovenia, an Alpine land of barely two million, needed much more help immediately from bigger EU partners to

cope or the country might have to adopt border-toughening measures.

"If this continues we will have extreme problems. Slovenia is already in dire straits, an impossible situation," Sefic said.

In Brussels, Slovenian President Borut Pahor met European Union leaders and said he expected his country to apply for emergency financial aid and border patrol reinforcements from EU partners.

Hungary, long the most popular east-west gateway for people fleeing conflict and poverty in the Middle East, Asia and Africa, has padlocked its borders for migrants progressively over the past month, forcing the tide west through Croatia and Slovenia. THE ASSOCIATED PRESS

14,000

Number of asylum seekers travelling through Slovenia needing tents and emergency accommodations.



Migrants walk along a street to the Austrian-Slovenian border after they broke through a cordon in a makeshift camp in Sentilj, Slovenia, Tuesday. CHRISTIAN BRUNA/THE ASSOCIATED PRESS

ISRAEL

UN official visits, calls for end to wave of violence



UN Secretary-General Ban Ki-moon, left, and Prime Minister Benjamin Netanyahu. SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

UN Secretary-General Ban Ki-moon called for calm during a surprise visit to Jerusalem on Tuesday ahead of meetings with Israeli and Palestinian leaders, in a high-profile gambit to bring an end to a month-long wave of violence.

The visit comes amid unrest that erupted a month ago over tensions surrounding Jerusalem's most sensitive holy site.

A spate of almost daily Pales-

tinian attacks against civilians and soldiers, most of which have involved stabbings, has caused panic across Israel.

"These are difficult times for Israelis and Palestinians. I am here in the hope that we can work together to end the violence, ease the tensions and begin to restore a long term political horizon of peace," Ban said at a press conference with Israeli Prime Minister Benjamin Netanyahu

Tuesday night.

"I deplore the random attacks against civilians. Such terror attacks make every place unsafe and every person regardless to gender or age a potential victim," he said.

Over the past month, 10 Israelis have been killed in Palestinian attacks, most of them stabbings. In that time, 46 Palestinians were killed by Israeli fire.

THE ASSOCIATED PRESS

IN BRIEF

New rules aim to cut risk of air collisions over Syria

The U.S. and Russia have put into practice on Tuesday new rules to minimize the risk of collisions between Russian and U.S.-led coalition aircraft over Syria. A Russian official said the "memorandum of understanding" suggests a potential for counterterrorism cooperation, but U.S. officials said it does not lessen concern about Russia's campaign. THE ASSOCIATED PRESS

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A man carries a campaign poster earlier this month promoting presidential candidate Steeve Khawly, of the Bouclier political party, to a rally in Port-au-Prince, Haiti. For a few weeks at least, there's the promise of regular money to be made as human billboards, protesters for hire or paid shills for candidates. DIEU NALIO CHERY/THE ASSOCIATED PRESS

Haitian elections all about making a buck

POLITICS

Slum dwellers happy to help drum up votes — for a price

A young man stands on a busy street corner in the Haitian capital wearing the campaign logo of one presidential candidate on his sweat-soaked T-shirt, the name of another emblazoned on his sunglasses while he passes out flyers on behalf of a third.

Jeanty Masier makes no pretense of actually caring about any of the candidates competing in Sunday's first round of presidential elections, but he's happy to support any of them — for a price.

"I don't know much about these political people. But they promised to pay me some-

thing, so I'm trying to do some work," said Masier, a struggling 24-year-old resident of a hillside slum overlooking downtown Port-au-Prince, where the presidential palace stood until it pancaked in a devastating 2010 quake.

It's campaign season again in Haiti, which means a frenzy of activity not just for the numerous politicians jockeying for power but also the droves of young slum residents like Masier who've never held any kind of steady job and are willing to do just about anything for meagre reward.

For a few weeks at least, there's the promise of regular money to be made as human billboards, protesters for hire or paid shills for candidates amid a national election that features 54 presidential candidates, only a handful of whom have even faint name recognition among the vast majority of the population.

Money floods political campaigns in countries around the globe, but Haiti's flourishing if small-scale election economy is particularly striking for the country's extensive poverty and the sheer numbers of jobless young people

who have to hustle to eke out a living.

For even the vaguest hint of a little cash and a few swigs of rum, recruits will dutifully show up to cheer at rallies, spray-paint slogans on walls, paper the city with campaign posters or deface those of a competitor.

Some will even stage violent demonstrations, stuff ballot boxes or make them disappear on election day if political organizers shell out enough to make it worth their while.

This year's unprecedented three rounds of balloting will pick Haiti's next president, two-thirds of the Senate, the entire 119-member Chamber of Deputies and numerous local offices.

The Oct. 25 vote is expected to clear the sprawling presidential field for a runoff Dec. 27 between the top two finishers. THE ASSOCIATED PRESS

Whatever the leader tells us to do, we will do. If he tells us to take to the streets and mobilize we will do that. If he says be calm, we will be calm.

Frantzdy Thomas, 29

IN BRIEF

Cuban street artist freed after stunt with pigs

The Cuban street artist known as El Sexto was freed Tuesday after spending 10 months behind bars for attempting to set free in a public park two pigs painted with the names of the country's highest leaders.

International human rights groups called his case a vivid demonstration of how Cuba's harsh limits on free expression remain in full force despite its economic opening and detente with the United States.

Maldonado, 33, was arrested a week after the declaration of detente last

year as he drove toward Havana's Central Park in a rented car with two pigs covered with green paint and the names Fidel and Raul in red, in mockery of Cuba's revolutionary leader Fidel Castro and his brother, who has led the country since 2008.

In recent months, Amnesty International and other human rights group began calling for Maldonado's release. Maldonado said he had been held without charge since Dec. 25 "simply because I made fun of the highest leaders of this revolution."

THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION
I don't wish to tell my wife's parents they're overstaying their welcome, but they really are. They have been here for nearly a month. I am starting to hate them. HELP ME ELLEN.

Dear Ellen,

I was wondering what you recommend when it comes to appropriately telling someone that you hate what they are doing and wish that they would change it this instant. I don't wish to tell these people (as they are guests that they are overstaying their welcome, but they really are. They have been here for nearly a MONTH now, and I am starting to hate them (they are my wife's parents). I really like them, but I need some space.

HELP ME ELLEN! Or I might go crazy!!!!

Apollo

Dear Apollo,

Your question raises many more questions, starting with: How badly do you want to stay married?

Where is your wife in all this? Is it the case that her parents are driving her crazy too, but she's incapable of confronting them and therefore is relying on you, her champion and protector, to get rid of this invading in-law horde of two? If so, you may safely, and politely, use the standard breakup strategy learned in your dating years.

Take them out for a nice dinner in a public place where they (hopefully) won't freak out when you dump them. Tell them it's you, not them. You're under a lot of stress (imply it's work, not their overbearing demands for constant contact, even though it is), and it's driving you crazy that you can't give them the love and attention they so obviously deserve. Pacify them with promises that you still want them to stay over again from time to time (with firmly set parameters), because you really do love them and want them

in your life, but only if they can accept what you're capable of giving.

Although this may sound like the bogus crap used by jilting cowards when they're tired of a too-devoted sex partner (or so I've, um, heard), the fact that you (judging by your letter) really feel this way about your in-laws makes it respectfully honest, even though it may be difficult for you to say and for them to hear.

If, on the other hand, your wife loves having her parents stay with you and never wants them to leave, you're in trouble. You then have to have a respectful, honest conversation with your wife, and of course we hope you'll follow the rules of proper etiquette there too, or at least the rules of the Geneva Conventions.

Finally, if the direct approach with either party fails, you may have to gracefully let go and put your attention elsewhere. And no, Apollo, we do not mean

polishing the stair boards leading up to the guest room to a slippery glass-like surface and then plying the in-laws with brandy after dinner. That approach is tantamount to murder, and murder, while sometimes understandable, is never polite.

Take them out for a nice dinner in a public place where they (hopefully) won't freak out when you dump them.

We're thinking more along the lines of, say, that drum kit you've been eyeing since high school. Honestly, after all your self-sacrifice, don't you owe it to yourself to bring it home and finally learn how to play? Or that kitchen reno your wife's been dreaming of — why not purchase a brand-new

sledgehammer and do the preliminary demolition yourself to save money? Or, as long as your home is open for extended stays from in-laws, go ahead and invite that poor, neglected uncle of yours — you know, the tone-deaf one who insists on singing along with every contestant on The Voice whether he knows the words or not, while his Doritos-addicted spouse hogs the entire couch because her severe flatulence prevents her from sitting up straight.

It may feel as if you're cutting off your nose to spite your face, but stick with it. Someday you'll be a happy percussionist with a new kitchen who's brought joy to a weird uncle and his digestively challenged wife, and thereby reclaimed his home for himself and — we hope — his wife.

Need advice?

Email Ellen:

scene@metronews.ca



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ROSEMARY WESTWOOD

metroview

Perhaps someday we'll see a historic election for women. Not this time.

Shocking. Stunning. Historic. A triumph.

The Liberal victory is being called many things — but while it's a reversal of fortune for the country, it's hardly transformative for women in Parliament. Forget "real change"; try status quo.

The number of female MPs rose slightly Monday night, from 76 elected in 2011 to the new total of 88. But given the growth in overall MPs, it's only a tiny jump in women's percentage of seats — from 25 per cent to 26 per cent.

An increase I'd generously call peanuts.

The organization dedicated to increasing the number of women in elected office said as much yesterday. Equal Voice vice-president Joan Weinman said that we at least didn't slide backward, but that "quite honestly, when half the population is women, it would be really nice to see a number that somewhat reflected that in the House of Commons."

Such is the state of politics and feminism that parties can rise and fall with the hard swing of the electoral boom, while women's influence stagnates.

Still, all progress is progress. And the Liberals have promised much for women, including a commitment to the right to abortion and promises to fight violence against women, open more women's shelters and make child care more

affordable for those who need it. Crucially, the party hung its hat on a guarantee to name a half-women cabinet, and Justin Trudeau has some high-powered women to choose from, including Chrystia Freeland and Jody Wilson-Raybould, who represents one of 10 indigenous Canadians voted in — another record broken.

When Chatelaine mused in 2014 whether Justin Trudeau was "the candidate women have been waiting for," it noted he "could be a game changer, hauling so-called 'women's issues' into the 21st century."

He may indeed.

"We woke up this morning, and Canada had just elected a self-declared feminist as a prime minister," said Kelly Bowden, spokeswoman for the Up for Debate campaign, suggesting Trudeau will take women's issues seriously.

Meanwhile, Equal Voice is already working toward the next election, planning to recruit and train 5,000 women across the country to run for office (about 500 ran this time around).

I remain skeptical that any election can give to women MPs the kind of dramatic boost that the Liberals at large were given this week, but Weinman disagrees.

"I say to you: Hell yes, it is absolutely possible."

Perhaps she's right. Perhaps we will see, one day, a historic election for women.

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RECIPE EXCERPT MAGGIE BATTISTA'S FOOD GIFT LOVE

Candied Blood Orange Rinds

Makes: About 250 strips or about 1 1/2 pounds

Preparation Time: About 3 hours passive time (up to 12 hours total time)

The French understand how to preserve citrus with such elegance and after tasting so many versions of candied rind, in particular, in France, I committed to creating my own recipe. This works just

beautifully with oranges and grapefruit, but these Candied Blood Orange Rinds have become one of my signature food gifts. Making them is time intensive but has also honed my multi-tasking skills.

INGREDIENTS

- 5 blood oranges
- 2 cups granulated sugar, plus more for dredging
- 1 1/2 cups water

SPECIAL EQUIPMENT

- Drying rack or parchment paper

1. With a sharp knife, score the peel of the blood oranges into four big wedges. Peel the thick skin wedges away from the fruit, discarding any loose pith fibers. Set the skin aside.

2. Slice the blood oranges in half and juice them with a hand juicer. I get about 1 cup of juice; reserve 1/2 cup for this recipe and store the remaining 1/2 cup for another use (like Blood Orange Mimosas).

3. Slice the orange rinds into strips 1/8-inch and 1/4-inch wide. My knives are very sharp which makes it easy for me to get the 1/8-inch slice, but a 1/4-inch slice is good, too. If the blood orange peel has a very thick white pith, trim a touch of the white pith away and discard. Do not trim too much, as the pith is what retains the sweetness once candied.

4. Place the rinds in a pot and fill with enough cold water to cover by an inch. (If you're unsure of how to quantify the water, place the orange rinds in the pot and hold some down with a small measuring cup with a clean ruler placed inside. Add enough water to come up 1 inch on the ruler. Remove the meas-

uring cup and ruler before beginning to cook.) Bring to a boil and then boil for 3 minutes. Drain.

5. Repeat this process 3 more times. Boiling the rinds several times helps to remove extra bitterness. On the last drain, put the fruit aside for a moment.

6. In a clean pot, add the sugar, water and reserved 1/2 cup blood orange juice. Bring to a boil and then add the rinds. Return to a boil over high heat and then reduce the heat to medium. Cook the rinds for 45 minutes, or until the syrup is very thick and the rinds are barely translucent. Do not stir the pot; just keep swirling the liquid in the pot in order to keep the rinds fully submerged. If you smell any sign of burning, immediately lower the heat and swirl, swirl, swirl.

7. When ready, remove the rinds from the syrup (a few at a time) with tongs and dry them on a rack or a simple piece of parchment paper, making sure to not let them touch each other (they'll stick!) Let them dry for 4 to 6 hours or overnight. If they are still a bit wet, let them dry a little longer. (They will always be just a bit sticky.)

8. When dry, dredge the rinds through sugar. I prefer organic granulated sugar, as the color is a bit more translucent and the rind colour shines through, but traditional white granulated sugar is fine, too. You may need to press the sugar up against the rinds to ensure that it sticks well. Alternatively, if you plan to use the rinds in a baked good, omit the sugar altogether.

9. Store in an airtight container at room temperature for up to 4 weeks or in the fridge for up to 3 months.



GIFT WRAP

Gift wrap supplies: Paper bags, crimping shears, tag, wax paper

Optional: Rubber band, twine

Crimp bags to desired height and fill them with rinds. Write or stamp your label on a tag. With a hole puncher, make a hole through the top of the bag and the top of the tag. Thread a round head paper fastener through the tag and through the bag. Bend the fastener into place.

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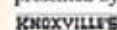
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BOOK EXCERPT A FIELD GUIDE TO CANADIAN COCKTAILS

Drink fit for a Mountie

A Field Guide to Canadian Cocktails raises a glass to those unique drink creations inspired by cities from coast to coast. More than 100 concoctions are included in the book, from Yukon's Sour Toe Shot to New Brunswick's Fiddlehead Martini.

To whet your palate, here is a recipe from the book inspired by some of the cities Metro publishes in — including your own.

EXCERPTED FROM A FIELD GUIDE TO CANADIAN COCKTAILS BY SCOTT MCCALLUM AND VICTORIA WALSH. RECIPES COPYRIGHT © 2015 SCOTT MCCALLUM AND VICTORIA WALSH, PHOTOGRAPHY COPYRIGHT © 2015 JUAN LUNA. PUBLISHED BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD., A PENGUIN RANDOM HOUSE COMPANY. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

The earliest incarnation of the Royal Canadian Mounted Police was formed in 1873, in part to help quell the chaos at trading posts such as Fort Whoop Up (now a historical site in Lethbridge, Alta.) Bug juice — essentially flavoured hooch and one of the earliest “cocktails” invented on Canadian soil — was part of the problem. Early references describe it as a mixture of “alcohol spiked with ginger, molasses and red pepper, then coloured with black chewing tobacco, watered down and boiled to make firewater.” We’ve taken some liberties and re-envisioned it as the ultimate Rum and Coke.

Whoop-Up Bug Juice

- 1 red bell pepper
- 1/2 oz Ginger Syrup (page 182)
- 2 oz dark rum, such as Havana Club Añejo 7 Year Old Rum
- 1/2 oz freshly squeezed lemon juice
- 1 to 2 dashes Scrappy's Firewater bit-

ters (optional)

- 1 dash Angostura bitters
- Large handful of large ice cubes
- Crushed ice
- 2 to 3 oz chilled cola
- 1 long lemon peel strip
- 1 piece candied ginger, for garnish

Cut a 1 1/4-inch thick slice of bell pepper. Place in a cocktail shaker along with ginger syrup and muddle.

Add rum, lemon juice and bitters. Add handful of ice cubes. Shake until chilled.

Double strain through a Hawthorne strainer and a fine-mesh strainer into a chilled old-fashioned glass filled with crushed ice. Stir in cola.

Flame lemon peel over drink, rub the outside rim of the glass with flambéed peel, then discard peel.

Garnish drink with candied ginger.



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'Restaurants get it wrong all the time'

EATING VEGAN

No fake meats, bland flavours, for this celeb vegan chef

Tal Ronnen's food philosophy isn't unusual for a chef of his calibre. It also isn't complicated. Simply put: taste above all.

And then you realize he's vegan, an approach to eating that too often has been defined by foods so virtuous they taste worse than the packaging they come in. Except that's not Ronnen's game. For him, it doesn't matter if the food is raw, organic, vegetarian, vegan, local, gluten-free, animal-free, free range or free spirit. If it doesn't taste great, he isn't interested.

"Restaurants get it wrong all the time by serving fake meat that doesn't interest meat eaters, or a vegan plate that's little more than an uninspired pile of vegetables," Ronnen writes in his new cookbook, Crossroads.



Mushroom farro soup.
MATTHEW MEAD/AP PHOTO

"Some still fall into the trap of thinking that vegetables or legumes need to be disguised as meat in order to be palatable."

In other words, you won't find the hipster-favoured cauliflower steaks (all the rage, don't you know!) at Ronnen's Los Angeles restaurant, also named Crossroads. Instead, his main

courses centre around vegetables that aren't disguised as burgers or steaks or other meaty dishes. Rather, they deliver savory, meaty flavours on their own power — things like roasted shiitake mushrooms that pack in crispy bacon-esque flavour in a salad or pureeing yellow tomatoes into a creamy bearnaise sauce.

It's that sort of flavour that landed him catering gigs with serious star wattage. As in, Portia de Rossi and Ellen Degeneres' wedding and Oprah Winfrey's 21-day vegan challenge. And that same it-has-to-be-good-meat-or-not approach plays out in all his ventures, from the vegan menus he created at 24 restaurants for Wynn hotels in Las Vegas to his Crossroads restaurant (which he stresses is Mediterranean first and vegan second) to his impossibly good line of non-dairy cheeses.

Up next, he's hoping to expand his offerings at the grocer, whether it's salad kits or frozen soups and sauces.

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Author is 'an actress who cooks'

INTERVIEW

Cookbook of veggie recipes the latest from Madhur Jaffrey

Madhur Jaffrey is known to Americans — when she is known at all — as an author of Indian cookbooks. And with good reason: she has written more than two dozen of them.

But that's just the start. The woman often called "the Julia Child of Indian cookery" was born in Delhi, India, and came

to the United States in the late 1950s, eventually landing among the New York glitterati. She started her career as an actress — something she continues to do — but soon found herself deeply rooted in the world of food. She has hosted cooking shows both here and in Britain, and helped launch the renowned New York Indian restaurant Dawat.

Now 82, her newest book, *Vegetarian India: A Journey Through the Best of Indian Home Cooking*, will be released in October. Here she talks about her acting, her start in food, and her pivotal friendship with filmmakers Ismail Merchant and

James Ivory.

What was the impetus for *Vegetarian India*? Why this book and why now?

I've never done a book that's all Indian and all vegetarian. There are many areas of India that I don't know and many cuisines I don't know, and I thought this would be a good way to learn about the cuisines I don't know anything about.

When you came to the U.S. in the late 1950s, you landed first in Vermont, where you taught pantomime, correct?

How did that happen?

I needed a job. I was in the theatre and was very kindly employed by the Catholic University theatre team. They said "Why don't you come in the summer and work with our summer stock company," which used to live in Winooski, Vermont.

And from there you went to New York City. What were you hoping to find there?

The theatre brought me to New York. (My first husband) Saeed (Jaffrey) also studied at Catholic. He graduated and

came to New York and I came with him. I was working as a guide at the UN at the time, and doing theatre in the Village. We were doing off-Broadway. The way I could stay was to have a visa by working at the UN. Then I could do theatre, for which I was earning something like \$10 a week.

I imagine the Indian community in New York was very small at that time. Did everyone know each other?

All those (Indians) who came were doctors and statisticians and engineers. America

wasn't taking people who weren't these things because that wasn't what was needed. We were very rare, these people in the arts. We knew all the people in the arts because that's where our interest lay. We knew the Indians who were around and other people who were actors but weren't Indians. It was an intellectual bookish, artish world.

Were you fully embraced by the non-Indian art scene?

As curiosities, yes. But as somebody to give work to, no. It was very hard to get work. That's why we needed other jobs, all of us. I am in the art world; I have one daughter who's an actress, one who is a writer. The actress daughter has the same problem I did. But she is two steps ahead. Indians now are more in shows. People are writing more parts for Indians and they can play non-Indians. In *House of Cards*, my daughter played a Latino. (In my time) they never thought of us as secretaries or lawyers. We were just Indians, and they were always the shiek-y types. They came vaguely from the Middle East.

What do you make of Mindy Kaling and Aziz Ansari and Indians on Pizza Hut commercials?

It's changing. This new generation is getting much more work. My daughter's generation and her friends — all of these people you mention — she knows all these people because they've all been at it together for a long time.

THE ASSOCIATED PRESS



The recipe for this berry pilaf appears in Madhur Jaffrey's latest cookbook *Vegetarian India*. MATTHEW MEAD/AP PHOTO

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HOME COOKING

Rice: The plain grain that's more nutritious than you think

Theresa Albert
For Metro Canada



Canadians won't sacrifice taste for health and are learning that healthy and tasty can be inclusive when they take a bite out of the world around them. Rice is a practical grain that

goes with everything and is a healthier option than many other starches like nutrition-robbed peeled and boiled potatoes.

According to a study published in *Food and Nutrition Sciences*, rice consumption was associated with better diet quality and general nutrient intake.

Here are some more cool

facts about rice to spout at the water cooler:

- Contrary to common thinking, rice can be reheated. Cool and store covered in the fridge for up to a week or freezer up to 6 weeks. Homemade "minute rice" simply needs 2 tbsp of liquid per cup of rice added before warming it up in a microwave or on the stovetop.

- Canada doesn't grow rice, (wild rice is an aquatic grass) meaning U.S.-grown rice is as local as it gets, which explains why nearly 70 per cent of our rice is from south of the border.
- One seed of rice yields more than 3,000 grains. It is the highest yielding cereal grain and can grow in many kinds of soils. This hits all the right

notes for our sustainability quest.

- Winter-flooded rice fields provide important habitat for migratory waterfowl and other species. Across the U.S., hundreds of thousands of rice acres are being enhanced annually to provide habitat for these birds.
- About 50 per cent of North

Americans consume only half of the magnesium that they should. Magnesium is critical for muscle function, the heart is the largest muscle in the body. There is more magnesium in 1 cup of cooked long grain brown rice (21 per cent DV) than in 3.5 cups of spinach (20 per cent DV), and it has 4 g of fibre.



As the original *Back to the Future* nears a milestone, Christopher Lloyd, who played the passionate, frizzy-haired scientist in the franchise, says he loved the role and he'd do it all over again. HANDOUT

Doc would go back again

INTERVIEW

Doc Brown actor would be happy with another go

Pass the lab coat, wacky printed shirts and hair teaser.

Back to the Future star Christopher Lloyd is eager to play Doc Brown again.

"If they want to do some more, have Doc appear in a film, film a cameo, I'm happy to do it," the 76-year-old actor, who played the passionate, frizzy-haired scientist in the *Back to the Future* films, said in a telephone interview.

"I love the character and I love doing it."

The beloved franchise cele-

brates a milestone on Wednesday: Oct. 21, 2015, was the exact day and year that Marty McFly, played by Canadian Michael J. Fox, travels into the future in the second part of the series.

To mark the event, Cineplex Entertainment will screen *Back to the Future, Parts I and II*, in theatres across the country on Wednesday, followed by the full trilogy on Sunday. A portion of ticket sales will be donated to Team Fox, benefiting the Michael J. Fox Foundation.

Lloyd said the first film, which hit its 30th anniversary in July, lit a flame under his career as hot as the one that burns behind Doc's DeLorean car when it blasts through time.

"The film *Back to the Future* certainly did a lot to put me where I am today and I did not foresee that," he said. "I

just was hoping the film would open successfully, the first one, but it's gone way beyond what I think most of us have imagined.

"It doesn't quit."

The franchise even led to a personal milestone: His first onscreen kiss.

It was with Mary Steenburgen, in *Back to the Future Part III*.

"Not only was it my first, it was my only," said Lloyd. "I can't think of a film where there's been a romantic kiss of any sort, so I treasure that."

Robert Zemeckis directed the three *Back to the Future* films and also co-wrote them with Bob Gale.

Lloyd said an early draft for the first film had Doc Brown going to an atomic test site in New Mexico with Marty in the DeLorean, to get energy to

travel into the future.

But they changed it.

"I'm glad they did," said Lloyd. "I think it would've put a kind of darkness to the film I don't think they wanted."

Lloyd said he still has one of the shirts Doc wore in *Back to the Future Part II*.

"It's more or less yellow with little steam engines going around on it. I haven't been wearing it. It's just hanging in the closet all these years."

And he still keeps in touch with Fox.

"We've had a chemistry that just is innate," said Lloyd. "We didn't have to figure out how to bring our chemistry up to the level that was necessary for the film. It's just present automatically and so it's been great."

"We've had quite a ride."

THE CANADIAN PRESS

STANDUP COMEDY

Morgan hits the road post-coma

After renewing his comedy career with appearances on *Saturday Night Live* and at the Emmy Awards, Tracy Morgan will embark on a U.S. standup tour this winter that will include stops in Ontario.

The Tracy Morgan: *Picking up the Pieces* tour is set to begin Feb. 5 at the Horseshoe Casino in Hammond, Ind., it was announced Tuesday.

Morgan was in a coma for two weeks following a June 2014 accident, when a truck on the New Jersey Turnpike crashed into the back of a van he was riding in. Comedian James "Jimmy Mack" McNair was killed in the crash.

Morgan made a surprise appearance at the Emmy Awards last month, with a more substantive turn as guest host on Oct. 17 of NBC's *Saturday Night Live*, the show where he was once a cast member. In one sketch, he was joined by his fellow cast members of 30 Rock, Tina Fey, Alec Baldwin, Jane Krakowski and Jack McBrayer.

"People are wondering, 'Can he speak? Does he have 100 per cent mental capacity?'" he said



Tracy Morgan HANDOUT

in his opening monologue. "The truth is, I never did. I might even be a few points higher."

Morgan was unavailable for comment about his concert tour, although in a news release he described it as getting back on a bike after falling down — "you don't forget where the pedals are."

His bookings, from February until the end of May, include gigs in Vermont and Ontario in February. But he does have two dates in Hawaii in early April.

He will perform three shows in New Jersey, including at a theatre in New Brunswick, about 32 kilometres north of where the accident happened.

THE ASSOCIATED PRESS

SONY COUGHS UP CASH

Sony settles employees' hacking lawsuit

Sony Pictures Entertainment has reached a settlement with current and former employees, agreeing to pay up to \$8 million to reimburse them for identity-theft losses, preventative measures and legal fees related to the hack of its computers last year.

The settlement was filed with the U.S. District Court in Los Angeles late Monday and still needs to be approved by a judge. The agreement calls for up to \$10,000 a person, capped

at \$2.5 million, to reimburse workers for identity theft losses, up to \$1,000 each to cover the cost of credit-fraud protection services, capped at \$2 million, and up to \$3.5 million in legal fees.

Hackers calling themselves Guardians of Peace broke into Sony Pictures computers and last November released thousands of emails, documents, social security numbers and other personal information in an attempt to derail the release of the North Korean-focused comedy *The Interview*.

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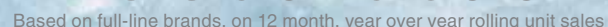
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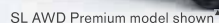
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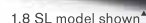


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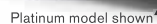
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REVIEW

Cadillac CTS boasts angular beauty and potent chassis

Mike Goetz

For Metro Canada



The original Cadillac CTS debuted in 2002 to herald the brand's new "Art and Science" design direction. It showed Cadillac was serious about moving away from its traditional luxury role of providing big and cushy American iron, to one that took on the premium German brands at their own sporty, high-tech games.

It's a plan that has more or less worked; sales are definitely up at Cadillac, but models still chase their respective rivals. In the case of the midsize CTS, that means it is still operating in the shadow of those class-conquering BMW 5 Series and Mercedes-Benz E-Class models, both of which are the very definition of a moving target.

The current-generation CTS, which debuted in 2014, is a bit of a curious animal. It seems to have aced the hardest parts of matching up with its premium competition, namely beautiful and distinctive styling, and a chassis that is the measure of anything in its class for on-road competence and enjoyment. The more mundane aspects of this vehicle seem to let it down.

But let's first go over more of the good stuff ...

The new RWD-based architecture features judicious use

of aluminum and magnesium, making the CTS one of the lighter cars in its class.

Slide into the interior and you'll be enveloped by a multitude of textures and finishes.

Our test vehicle had the optional 3.6-litre V6, which is all new this year. Rated at 335 hp and 284 lb-ft of torque, it is part of Cadillac's new engine family, and features heady technology such as automatic stop/start, direct injection with integrated exhaust manifolds, rigid aluminum block, and a cylinder deactivation system, which shuts down only one cylinder on each bank.

Net result is a very powerful, quiet and efficient V6. Combined with the new 8-speed automatic transmission, you have a totally up-to-date powertrain, and another reason why this Cadillac is so satisfying to drive.

Now a few gripes ...

The back seats are a bit tight for a luxury car of this size.

There are almost too many different types of materials and surfaces at play in the interior. Feels too busy to be sophisticated and calming.

Pricing has gotten steeper, especially when you start loading up on the available high tech. Cadillac is revisiting this issue, however, with special pricing programs.

The CUE driver interface continues to drag down the enjoyment of this car. With everything controlled by a touchscreen that is not super-fast-reacting, your eyes are constantly going back and forth from the screen to the road, which can contribute to a bit of needless nervousness behind the wheel.

THE CHECKLIST | 2016 CADILLAC CTS

THE BASICS

Type. Four-door, RWD/AWD midsize luxury sedan

Engines (hp). 2.0L turbocharged I4 (272), 3.6L V6 (333)

Transmission. Eight-speed automatic

Price. \$48,730 (base)/\$72,970 (as tested)

COOL FEATURES

- Apple CarPlay, wireless charging, and Wi-Fi mobile hub for passengers
- Surround Vision 360-degree camera system
- "Haptic" seat warns driver of surrounding objects, via location-specific (left/front) vibrations



MIKE GOETZ/FOR METRO

POINTS

- Current (and third) generation CTS unveiled for model-year 2014, with significant tweaking for 2016
- All-new optional 3.6L V6 features direct injection, auto stop/start, and cylinder deactivation
- One of the best handling cars in its class, via light and stiff chassis utilizing lots of precious metals

MARKET POSITION

- Midsize RWD luxury-sports sedan, positioned above the smaller ATS, and below the coming, full-size CT6
- As per the new Cadillac brand promise, designed to appeal to customers who are bold, sophisticated, and fans of reinvention
- Positioned directly against German luxury sports sedans

THE COMPETITION



Mercedes-Benz E Class
Base price: \$64,500



Audi A6
Base price: \$56,900



Hyundai Genesis
Base price: \$43,000

DRIVING FORCE

In-wheel electric motors could improve the way we drive

Jill McIntosh
For Metro Canada



Despite all our advances in automotive technology, most vehicles basically work the same way as they have for more than a century. Power comes from a gasoline engine or electric motor, depending on the type of vehicle, and the energy it creates is transferred through drive shafts to the wheels.

While the technology is still largely experimental, some

companies are now looking at in-wheel electric motors. As the name suggests, each wheel contains an individual electric motor that exclusively turns it. Instead of a connected system of drive shafts that transfers the engine's power to the wheels, each of the vehicle's four in-wheel motors works independently, connected only by wires to the vehicle's battery for their power, and to the computer that controls the system.

Although each motor turns by itself, the control system has to be extremely sophisticated

for everything to work together. In addition to all four motors turning at the same speed when driving straight ahead, they must also stop simultaneously if the vehicle is going to brake in a straight line, and be able to co-ordinate their individual speeds when the driver wants to turn.

In-wheel systems would eliminate a number of vehicle components, including those that need occasional maintenance or replacement, such as brake pads. However, they would also need to be programmed to per-

form the functions of government-mandated safety systems such as anti-lock brakes, which rapidly apply and release the brakes to prevent locking up in panic stops, and electronic stability control, which applies the brakes to individual wheels to correct a skid.

Without the need for drive shafts, the vehicle's floor could be lower and completely flat, making it easier to get in and out, and providing more passenger and cargo space inside. And since the wheels have much more movement, a driver could

+ THE PHYSICS

- Because electric motors don't have to rev up like gasoline engines do, vehicles that use them are capable of very quick acceleration.

pull up beside a parallel parking space, turn the wheels all the way, and just slide the car sideways into the spot.

But before vehicles with in-wheel motors become common-

place, there are still issues to overcome. Although there have been a few higher-speed prototypes, most of the work has been done on small, lower-speed city commuter cars. While the motors eliminate the weight and complexity of driveshaft systems, engineers will have to determine how their extra mass at the wheels will affect driving and handling. The motors will also have to be extra robust to handle potholes and bumps, as well as snow and road salt, if they're ever going to handle most of our Canadian roads.

E-tron Concept electric by design

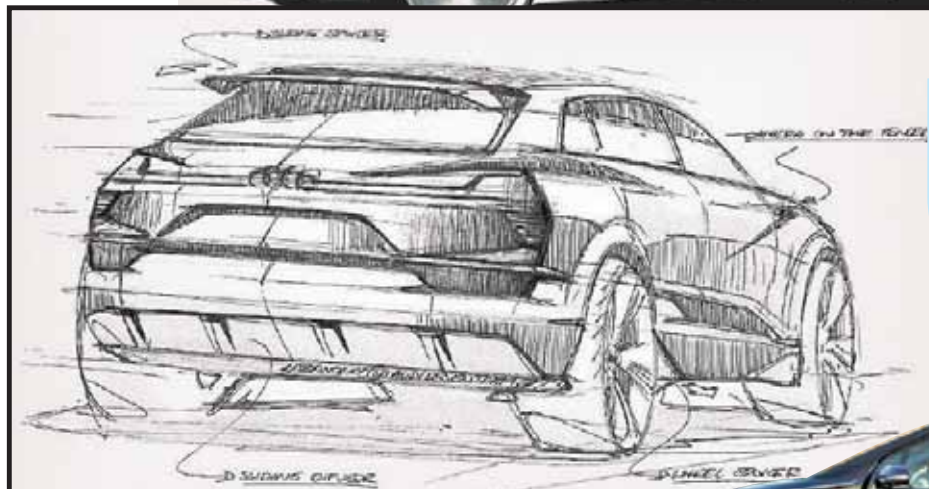
AERODYNAMICS

Movable elements boost Audi range

Rather than simply adapting an electric powertrain to an existing design, Audi's E-tron Concept was built from the ground up to be electric. It follows the brand's "Aerosthetics" concept, using technical advances for cutting aerodynamic drag. Movable aerodynamic elements at the front, on the sides and at the rear improve the airflow around the car, appropriate to the speeds being travelled. The underbody is completely closed; with a drag coefficient of 0.25, it sets a new record for tall-wagon slipperiness and contributes "considerably" to the concept's 500-plus-kilometre range per full charge. Three electric motors — one on the front axle and two on the rear — will power the vehicle.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



TEXT AND IMAGES BY WHEELBASE MEDIA

+ ENGINES

Return of diesel Caddies in the pipeline

Cadillac will reintroduce diesel engines to its North American lineup within several years, says brand chief Johan de Nysschen. And this time, they'll be clean-burning, reliable diesels.

General Motors' luxury brand is working on new four- and six-cylinder diesel engines. They reportedly will debut in Europe in 2019 and go on sale in North America sometime after that.

In the late 1970s and early '80s, Cadillacs were offered with diesel V8 engines conscripted from the now-defunct Oldsmobile brand, but they were poorly received, recalls Green Car Reports.

GM currently offers a diesel option in the Chevrolet Cruze compact.

TAKING A CUE

Audi's experience with the all-electric R8 E-tron sports car provided inspiration for the E-tron Quattro Concept's drive system.



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+ FUEL-CELL CAR

Interested Mirai buyers put to the test

The Toyota Mirai hydrogen-fuel-cell car didn't arrive in the United States in the usual way. The company had been taking requests since July from Californians who wanted to be among the first to buy the zero-emissions four-door sedan, with requests being submitted through a dedicated Mirai page on Toyota's website. Customer-service reps interviewed candidates with eligibility based on an applicant's proximity to fuelling stations and how they answer "various Mirai fit and driving preference questions." Approved applicants were then able to place their order with one of eight California dealers authorized to sell the car.

+ MORE

BMW, in its capacity as Formula E's vehicle partner, has also added for official use a pair of BMW C Evolution electric scooters and an X5 xDrive40e plug-in hybrid tall wagon.



i8

BMW sets pace in Formula E race series

Using an internal-combustion vehicle as the pace car for a global electric car racing series would be a non-starter, so BMW stepped up with a new track-ready version of its flagship electric i8 sports car to lead the 2015/16 FIA Formula E race cars in each of the season's 11 meetings in 10 countries. The futuristic i8, delivering the equivalent of 2.1 L/100 km when driven at less-than-racing speeds, returns as pace car for the series' second season.

Older Civics still a model of reliability

USED VEHICLE

Check on modifications in 2011-2015 models

In 2010, the latest-generation Civic hit the road for model-year 2011 with numerous updates and enhancements. Canadian-built and highly recognized as one of the smartest choices in its segment, the 2011 Civic carried forward with an award-winning reputation for reliability, durability, residual values, fuel efficiency and safety.

Look for sedan or coupe models in the used market, with the sporty Civic Si topping the model range, and LX or EX grades coming in as basic or mid-line, respectively.

Standard four-cylinder engines make 140 horsepower and come with a five-speed manual or five-speed auto-

matic transmission. The high-performance Civic Si, available in coupe or sedan, gets a 200-horsepower, high-revving 2.4-litre engine and six-speed manual backed by various chassis and cosmetic tweaks.

The test drive

Put the car into a high gear at a low speed (for instance, third gear at 50 km/h) and apply full throttle where appropriate to coax slippage from a badly-worn clutch, if the model you're considering has manual transmission.

In any model, be sure to check the level and condition of the engine oil. Though largely inconclusive, some owners have reported oil consumption in this generation Civic, and the owners community suggests it might come from some redesign to engine internals and the use of a "thinner" engine oil for fuel economy. If any oil consumption is noted between oil changes, talk to your Honda dealer and ensure they docu-

ment it, in case you need to file a warranty claim.

Run the climate control blower motor on any model through all of its speed settings, listening for an excessive buzzing sound. If present, the culprit is likely a bad blend door located near the fan motor, causing a vibration. This should be a warranty-related issue, if detected.

One final note: Note that many used Civics will have been modified in some form or another by past owners. This is especially true on the Civic Si. Though light modifications are typically no cause for alarm (intake systems, exhaust, wheels), shoppers are advised to confirm that all parts, and their installation, are of high quality.

Also, for the average shopper, avoiding a model with modified suspension, re-programmed engine management or other more major modifications is a good idea.

JUSTIN PRITCHARD



TORSTAR NEWS SERVICE FILE

What owners like

Owners say Civic is manoeuvrable, comfortable and relatively solid to drive, though reliability and purchase confidence tend to be top on the list of purchase considerations. Owners note generous trunk space and good fuel efficiency, too.

What owners dislike

Common gripe points include some plasticky and low-budget interior bits, excessive road noise on some models, and an interior design that's highly functional, albeit boring to look at.

The verdict

The latest generation of one of the most reliable cars on the road seems to be largely free of worrisome or troubling issues. Problems will likely be easy to identify and fix during a pre-purchase inspection, and finding a healthy used Civic from this generation is largely a function of tracking down a model that's been well maintained and has all service records up to date.



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Toyota's 'talking' cars get big buzz

TECHNOLOGY

System lets cars 'talk' with each other, infrastructure

Toyota will be using this year's Tokyo motor show to communicate why talking cars are the future of cleaner, safer personal mobility.

The Smart Mobility City 2015 is an event running alongside the main Tokyo show this year that will be examining the relationship between automobiles, people and society and the role of personal mobility in the city of tomorrow. And it is where Toyota will be showcasing the progress it has made with its Intelligent Transportation System (ITS) that enables cars to communicate with each other and with infrastructure elements

such as traffic lights.

In other words, connected cars, an area where all automakers are busy developing solutions, but where Toyota is trying to establish an early lead.

Cars packed with radar, sensors and cameras can automatically stay in lane, maintain a safe speed from the vehicle in front and can even apply the brakes if a pedestrian steps out in front without looking. However, no set of cameras, no mat-

ROLLOUT

By the end of 2015 Toyota will have two cars — the Crown and the Prius — on sale in Japan that boast ITS. Toyota aims to roll out the technology to European and U.S. customers by 2017.

ter how smart, can see what's coming around a bend or at a

blind junction. Hence car-to-car communication. If all cars "talked" to each other to say where they were, there would be no need to see around a bend in the first place.

That's the concept behind car-to-car communication and its related car-to-infrastructure communication technologies, and at the Smart Mobility City, a specially adapted Prius will be demonstrating how these technologies can make approaching

junctions, turning right into traffic and maintaining a safe distance simpler, safer and more intuitive.

The system can also help authorities better manage the road network. Knowing in real time how many cars are using a stretch of highway gives advanced warning of potential congestion while drivers can better conserve fuel by knowing if and when the traffic light is about to change from green to red. AFP

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SAFETY

BabyCam has digital eye on passengers



The Garmin babyCam wirelessly streams real-time video of the backseat to the GPS unit's display. BUSINESSWIRE

Garmin wants to help you navigate towards better parenting with its latest device.

The babyCam, which the company claims is a world first, can wirelessly stream real-time video footage of backseat passengers to a Garmin GPS unit's display.

"We are excited to be the first company to create a new product category that integrates passenger video monitoring with GPS navigation," said Dan Bartel, Garmin vice-president of worldwide sales. "Having to awkwardly turn around or pull over on the side of the road to check on your child is simply unsafe. With babyCam,

parents can easily monitor children as often as they need while running daily errands."

The babyCam can be fitted to the back of a car seat — via the headrest — and can be angled to capture one or all rear passengers. It also works in low-light conditions and, crucially, responds to voice commands, rather than touches or swipes, meaning the driver needn't take his or her hands off the wheel in order to check in on the children.

The device will go on sale this January for \$199.99 US without the GPS unit. AFP

UPCOMING

Volvo maps out its electric future with 2019 target

Swedish premium car brand Volvo is planning to launch its first plug-in electric car by 2019. The company isn't giving too much away about the vehicle other than it will be a smaller C or even B-segment model and that it has

been built from the ground up to be a true electric car.

However, before it comes to market, Volvo is going to get busy with hybrids and ensure that there is a petrol/electric variant of each of its models available for environmentally conscious consumers. AFP

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Royals' response loud and clear

MLB PLAYOFFS

K.C. bounces back from loss to take 3-1 series lead

A dream season for the Blue Jays could end short of its destination Wednesday, with Toronto once again on the verge of post-season elimination.

Ben Zobrist and Alex Rios homered as Kansas City roughed up Toronto starter R.A. Dickey early and a depleted bullpen late en route to a lopsided 14-2 victory Tuesday that pushed the Blue Jays to the playoff precipice.

The Royals lead the best-of-seven American League Championship Series 3-1, meaning Toronto now faces its fourth must-win game of the post-season.

Game 5 goes Wednesday at the Rogers Centre with Toronto's Marco Estrada facing Edinson Volquez in a rematch of Game 1 at Kauffman Stadium.

"We'll be fine (Wednesday) if we get a good outing by Marco. We expect to," Toronto manager John Gibbons said hopefully.

"And it was ugly today, no doubt about that. That's all I can say."

How ugly? Their bullpen in tatters, the Jays sent in infielder Cliff Pennington to pitch with two outs and two one in the ninth.

4

The number of times a team has come back from a 3-1 series deficit to win the ALCS. The Royals achieved that feat in 1985 against the Blue Jays.



The Royals' Lorenzo Cain slides safely into home plate past Blue Jays pitcher R.A. Dickey in Toronto on Tuesday.

RICK MADONIK/TORSTAR NEWS SERVICE

Pennington, who pitched in college, gave up two runs on back-to-back singles in a seven-pitch cameo before Russell Martin saved him with a foul catch at the Jays dugout.

With the game a lost cause, Gibbons tried to keep Mark Lowe, Aaron Sanchez and Roberto Osuna — his top three relievers — out of the fray to fight another day. But he had to use Lowe for an inning.

The 14 runs allowed matched the Jays' post-season record for most runs against them, a mark set 22 years to the day in a 15-14 win over the Phillies in the

ALCS Game 4



1993 World Series.

The Royals pitchers have shut down the free-swinging Toronto bats in three of four games. The Jays, who led the majors with

891 runs in the regular season, have scored zero, three, 11 and two against Kansas City.

The Jays slugged 232 homers during the season. While they homered three times in Monday's 11-8 win, they have failed to find the fences in the other three games.

And while the Royals homered twice off Dickey, it has largely been death by a thousand cuts for the Jays. Kansas City scored four of its runs off sacrifice flies Tuesday and has filled the bases with runners, finding a myriad of ways to bring them home.

The opportunistic Royals went

8-for-11 with runners in scoring position. Toronto was 1-for-6.

Kansas City was up 5-0 when Dickey left after dispatching just five of the 12 batters he faced in the shortest start in Jays' playoff history.

Liam Hendriks stemmed the flow with 4-1/3 innings of sparking shutout relief. Then LaTroy Hawkins and Ryan Tepera went up in flames, giving up seven runs in 1-2/3 innings.

In contrast, Royals relievers Luke Hochevar, Ryan Madson, Kelvin Herrera and Franklin Morales blanked the Jays.

THE CANADIAN PRESS

+ EXTRA EYES

Cueto accuses Jays of getting help stealing signs

The Royals think there's more to the Blue Jays' home-field advantage than just loud sell-out crowds.

Pitcher Edinson Volquez said that teammate Johnny Cueto believes the Blue Jays are using a plant in the centre-field stands of Rogers Centre to steal signs.

Cueto was chased from Kansas City's 11-8 loss in Toronto on Monday night after giving up six hits and eight runs in just two innings of work.

"He said, I think he said last night, they got a guy in centre field," said Volquez, who is scheduled to start on Wednesday in Game 5. "You see how hard it is, he look to the centre field and he see somebody do this or do that, it's really hard to do that."

"But when the guy gets on second base, he said something about that, too, they were giving signs to the hitter."

Volquez seemed less than convinced that the Blue Jays were using someone in the outfield seats to read the catcher's signals to the pitcher. He repeatedly said he didn't know if Cueto's claims were true and pointed out that it's a pitcher's responsibility to make it difficult for his signs to be read.

The Blue Jays had a 53-28 record at home this season, but were 40-41 on the road. THE CANADIAN PRESS

Johnny Cueto
GETTY IMAGES



Murphy's law helps Mets put Cubs on life support

Daniel Murphy homered for a record-tying fifth straight game in the post-season, sending Jacob deGrom and the New York Mets over the Chicago Cubs 5-2 on Tuesday night for a 3-0 lead in the National League Championship Series.

Yoenis Cespedes and David Wright each had three hits for the Mets. Cespedes scored the

go-ahead run on a two-out wild pitch by Trevor Cahill on a strikeout of Michael Conforto in the sixth inning.

Murphy tied the homer streak mark set by Carlos Beltr



Daniel Murphy
THE ASSOCIATED PRESS

ran in 2004.

It was Murphy's sixth homer this post-season, breaking Mike Piazza's franchise career record.

Murphy hit a career-high 14 homers during the regular season. The homers

during his playoff streak have come against Clayton Kershaw, Zack Greinke, Jon Lester, Jake Arrieta and, on Tuesday night, Kyle Hendricks.

DeGrom pitched seven effective innings to improve to 3-0 in his first post-season. Jeurys Familia closed for his fifth save of the playoffs.

The Mets can advance to the World Series for the first

time in 15 years with one more victory over Chicago in Game 4 of the best-of-seven matchup Wednesday night. Rookie Steven Matz gets the start for the Mets while Jason Hammel goes for the Cubs.

Kyle Schwarber and Jorge Soler homered for the Cubs, who have scored just five runs in the series. THE ASSOCIATED PRESS



Though off to a fast start, Nail Yakupov needs to find his place with the Oilers, argues The Hockey News columnist Ryan Kennedy. JUSTIN K. ALLER/GETTY IMAGES

Yak is on track with McDavid



THE HOCKEY NEWS

Ryan Kennedy
FOR METRO

How does the win column feel, Edmonton fans? Pretty sweet, I'd bet. Especially since the Oilers' first two wins of the season came against big-time rivals Calgary and Vancouver.

We knew Connor McDavid was going to break out and that it would not take long for the 18-year-old to make his mark in Edmonton, but there's a stirring sub-plot to the youngster's heroics and that's the effect on right-winger Nail Yakupov. When the Oilers humbled the Flames on the weekend, Edmonton achieved something pretty much only the Oilers could have when they became the first NHL team to have four No. 1 overall picks score in the same contest. McDavid, Taylor Hall, Ryan Nugent-Hopkins and Yakupov were the parties involved and Yakupov continued the good vibes against the Canucks on Sunday by popping in another goal.

The key for Yakupov right now is confidence. It hasn't always been there in Edmonton, even though the player himself has a very sunny disposition. And it's not like he has ever been afraid to shoot the puck — his 191 shots on

net led the Oilers last year and this season he's second right now to Taylor Hall. Yakupov is actually shooting slightly more this season, albeit in a small sample size of six games, but it's good to see him cash in a few of those.

Defensive woes have definitely held him back in the past and it's hard to ignore his dismal plus-minus results the past two seasons, even if that statistic is rarely given any credence anymore (and actually, advanced stats don't help his cause — he was just as bad in those categories).

Yakupov needs to find his place on the Oilers. He's not going to be a two-way beast; his stock and trade comes in his delicious offensive potential. When he's put in those positions, he can succeed — we've seen it in

junior and we've seen it in during the lockout season when he scored in both Russia and during the abbreviated NHL schedule. But this is still a young player (just 22 years old) who has gone through a lot of NHL coaches in his brief career. Assuming that Todd McLellan sticks around for a few years, the new bench boss could have a great impact on the peppy Russian. Yakupov has great speed and it's a fast league. Harness that properly and he'll live up to his draft stock.

NHL IN BRIEF

Chicago's Keith out for 4-6 weeks after knee surgery

Blackhawks defenceman Duncan Keith will be sidelined for four to six weeks after he had right knee surgery on Tuesday.

Keith, a two-time Norris Trophy winner, has two assists in six games this season. The team says he had a meniscal tear repaired. The loss of Keith, who won the Conn Smythe Trophy last season for playoff MVP, is a huge blow for the Stanley Cup champions. They



Duncan Keith
GETTY IMAGES

is likely headed for long-term injured reserve, giving the Blackhawks some cap relief. Lubomir Visnovsky, a defence veteran is a possible replacement. THE ASSOCIATED PRESS

play in one of the NHL's toughest divisions, and every point could make a difference at the end of the year. Keith

Crosby on the board as Penguins edge Panthers

Evgeni Malkin scored on the power play in overtime and Sidney Crosby picked up his first goal of the season to lead the Pittsburgh Penguins to a 3-2 victory over the Florida Panthers on Tuesday night.

Phil Kessel also scored his second goal for the Penguins, who won their third straight. Marc-Andre Fleury stopped 31 shots. THE ASSOCIATED PRESS

Price shuts out Blues as Habs make it seven on roll

Carey Price made 38 saves for his second shutout in his last three starts and Alex Semin scored his first goal for Montreal as the Canadiens downed the St. Louis Blues 3-0 in the NHL on Tuesday night.

Max Pacioretty and Torrey Mitchell also scored for the Canadiens, who stretched their team-record winning run from the start of the season to seven games. THE ASSOCIATED PRESS

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RECIPE Easy Shrimp Tacos



PHOTO: MAYA VINSKEI

Ceri Marsh & Laura Keogh For Metro Canada



Once your ingredients are prepped, these tacos come together in a flash. **Serves 4**

Ready in

Prep time: 30 minutes

Ingredients

- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and

rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes (or overnight).

2. Preheat oven 200 degrees. Wrap tortillas in damp paper towel or kitchen towel, place in oven.

3. Slice the red cabbage and gently pull it apart into strands. Toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. Set aside.

4. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema and set aside.

5. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you can see pink come up around the edge. Flip them over and cook on the other side for a couple of minutes or until the shrimp are pink and opaque. Repeat with second batch.

6. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on the table and let people build their own tacos.

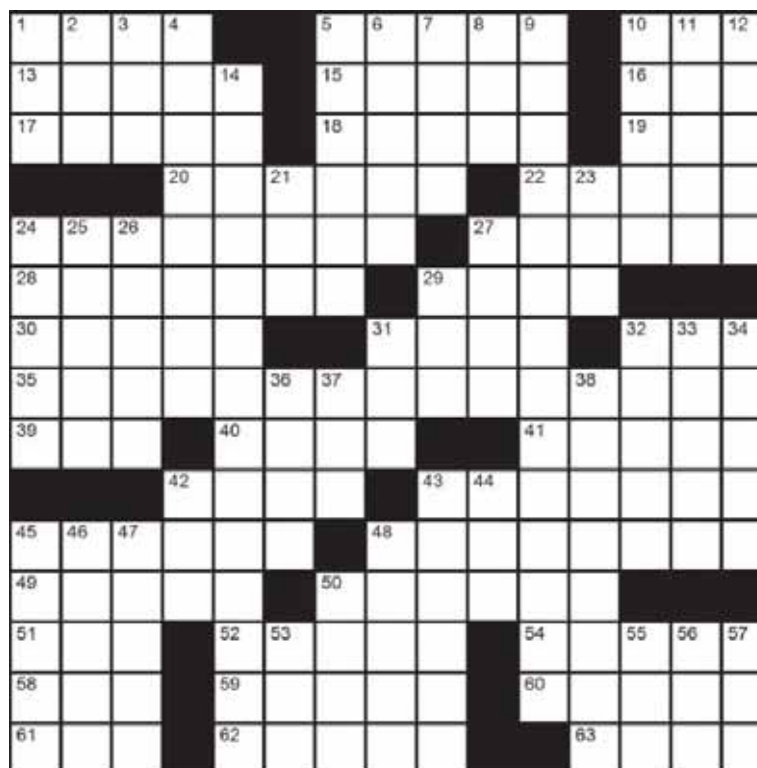
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Kabul's country [abbr.]
5. Ballroom dance
10. Mafia
13. Throat examiner's request: 2 wds.
15. "The ___" by Ed Sheeran
16. Painted tool
17. Dried seaweed
18. Dessert selection
19. Winnipeg's Ms. Vardalos
20. "___ the World in 80 Days" by Canadian rapper Kish
22. Pours
24. Window accessories
27. Illusion in the Sahara
28. Carefully reads through
29. Mr. Nicholson
30. Morocco's capital
31. Prefix that means 'Six'
32. Sporty prop
35. St. John's is located on it in Newfoundland: 2 wds.
39. Yearning
40. Thailand neighbour
41. Beauts
42. Soap brand
43. Moderate the meeting
45. Affliction at sea of yore
48. Summarized
49. Stables star
50. Household
51. Unit of work
52. Leaven-



- ing agent
54. Join
58. Stone or Bronze
59. Ancient seaport of Rome
60. Singer/song-

- writer Ms. Dean
61. Free
62. Overturn
63. Advantage

DOWN

1. Get permission

2. ___ Schwarz, New York City toy store in "Big" (1988) starring Tom Hanks
3. Exerciser's club
4. Customary
5. Ancient compan-

- ions for Dionysus
6. Molecular bits
7. Slight
8. Cricket club
9. The Toronto Blue Jays are one of the 'East' teams

- in it: 2 wds.
10. The Beatles + "The Ed Sullivan Show" = THIS!!!
11. Behind in debt
12. Uninterested
14. Song by Canadian band The Philosophers Kings: 4 wds.
21. Tee-___ (Chuckle)
23. ___ of the Covenant
24. Wet with the hose
25. Yo-___-ho! (Hoist, sailors, hoist!)
26. Cityfied
27. Singer, ___ Priest
29. Ms. Aniston, to pals
31. "For ___ a jolly good..."
32. ___ glasses (Beer glassware)
33. Thwart
34. Alleviated
36. Blue hue
37. The Raven writer's last name
38. It builds in a mystery
42. Norman Bethune, et al.
43. Group of five
44. TV-making co.
45. Cut
46. The Queen's fave dog
47. Spurred on
48. Myrrh, for example
50. Spouse
53. Clairvoyance, e.g.
55. "___ be an honour."
56. Young sheep
57. Afore

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Tackle problems one at a time or your efforts won't amount to much. There may be one or two minor nuisances between now and the Sun's change of signs on Friday but nothing you cannot comfortably handle.

Taurus April 21 - May 21
You don't have to justify your opinions to anyone. You are entitled to your beliefs and are under no obligation to submit to cross-examination.

Gemini May 22 - June 21
Let your thoughts roam. There are no limits to what you can imagine and there are no limits to what you can achieve. If others think that your ideas are bizarre, agree with them and change nothing.

Cancer June 22 - July 23
You deal with whatever challenges you face with ease. Your confidence is so high at the moment that even so-called superiors will come to you for advice.

Leo July 24 - Aug. 23
You may be on a tight schedule but you must still make time for people who depend on you. Those who are feeling crushed by events desperately need a touch of your can-do spirit.

Virgo Aug. 24 - Sept. 23
This is a good time to convince others that you know what you are talking about. Whether that is actually true remains to be seen, but your powers of persuasion are such that no one will disbelieve you.

Libra Sept. 24 - Oct. 23
There are people in your social circle who envy you for your popularity and are plotting to make you look bad. Be on your guard. Watch out for those who flatter you too much.

Scorpio Oct. 24 - Nov. 22
You have enviable self-belief. But you will convince yourself, wrongly, that you can master something that is simply beyond you. You don't have to be good at everything.

Sagittarius Nov. 23 - Dec. 21
Your confidence may be high but don't take too much for granted, because what you gain through confidence today could easily be lost through over-confidence when the Sun changes signs on Friday.

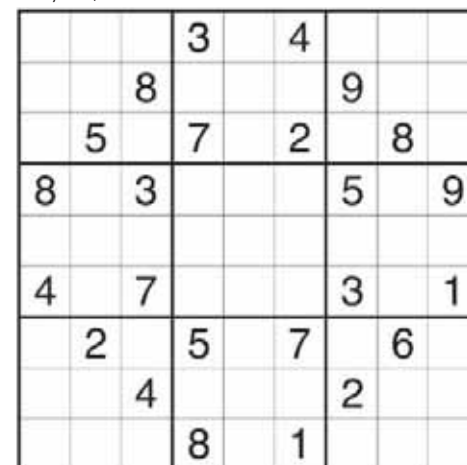
Capricorn Dec. 22 - Jan. 20
If you are going to disagree with someone make sure you stick to the facts, because if you exaggerate they will make you look stupid. If the facts are not strong enough to back up your case, then keep quiet.

Aquarius Jan. 21 - Feb. 19
Keep things simple and don't look for difficult answers when easy ones will do. You can tie yourself in knots trying to understand the unknowable.

Pisces Feb. 20 - March 20
Keep your wits when dealing with cash and investments. It is unlikely that anyone is trying to cheat you. Just because someone else has made a mistake does not mean you have to make it too.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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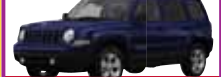
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